

TITLES AND SUMMARIES

TITLE/SUMMARY	TYPE	YEAR	LENGTH	AUDIENCE
<u>A Crash Course on Calcium</u> This video follows three teens as they conduct an investigative report on teens, calcium and bone health. NS 047	Video	1997	22 min	JH, HS
<u>A Healthier Baby by Breastfeeding</u> Provides breastfeeding techniques. Three major points to successful breastfeeding: How to start right, How to make enough milk, and Where to get help for problems. MC 947 Housed in Butte County/Belle Fourche	Video	1991	20 min	HS, A
<u>A Matter of Balance: Easy Steps for Good Nutrition</u> Provides excellent ideas to reduce fat in the diet. Does not reflect Food Guide Pyramid but servings for each food group are alright. Shows how to calculate fat grams. NS 968	Video	1991	7 min	A
<u>A Pregnant Woman Never Drinks Alone</u> This educational program on birth defects and FAS prevention presents facts and statistics on FAS and characteristics of children with FAS. How the alcohol affects the unborn child, the amount a pregnant woman drinks, how this could affect the baby, alternatives to drinking and information on getting assistance if you have a drinking problem. MC 523	Video	1987	8 min	HS, A
<u>Abstinence...It's the Right Choice</u> This video's intriguing format intertwines street interviews with a group of curious teens who learn refusal techniques and alternatives to engaging in sexual activity from an older sister and her boyfriend. HS 908	Video	1995	22 min	JH, HS
<u>Added Sugar in Beverages</u> Display of amounts of hidden sugar in beverages and snacks. NS 607	Kit	1995		EL, JH, HS, A
<u>Amount of Fat in Kids Snacks</u> Standup table display using blocks to show amounts of fat in various kids' snacks. NS 610	Kit	1995		EL, JH, HS, A

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<u>Anthropometric Training Packet</u> Training guide on anthropometric measurements and growth charts. Includes WIC Anthropometry video. NS 643	Kit	2002		P
<u>Are You Feeding Your Child Hidden Sugar</u> Bulletin board display showing amount of sugar added to one cup of various beverages. NS 673	Kit			
<u>B.S.E. for Teens</u> Lange Series video. Good introduction to breast self-exam for young girls. BC 026	Video	1993	7 min	JH, HS
<u>Baby Bottle Tooth Decay Display</u> Stand-up display (17.5" x 11") with real life photos of healthy teeth, mild decay, moderate decay and severe decay. NS 613	Kit	1995		A
<u>Baby in a Bag Model</u> This kit consists of a 7" fetal model with detachable cord/placenta/amniotic sac, knitted uterus, mini-pelvis, receiving blanket and tote bag. Useful in a one-to-one setting, such as birthing center or labor room teaching to help a prepared or unprepared woman understand what is happening to her baby during labor and birth. MC 052	Kit	1993		HS, A
<u>Baby It's You</u> This program, narrated in part from a baby's point of view, relieves the confusion by helping new mothers understand the role that good nutrition plays in their baby's health. Introducing solids, vegetables, meats, whole milk & appropriate finger foods is simplified for viewers. NS 067 NS 067S (Spanish)	Video	1998	13 min	A
<u>Beans Display</u> Display to identify different types of dried beans and their role in the diet. NS 615	Kit	1995		EL, JH, HS, A
<u>Best Start: For All the Right Reasons</u> This promotional film about breastfeeding shows focus group participants talking about the positive aspects of breastfeeding. Many of the questions women may	Video	1990	22 min	HS, A

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have on breastfeeding are discussed. One caution--one focus group individual makes a very brief statement that could convey the impression that it is okay to breastfeed and drink alcoholic beverages. NS 539 Housed in Butte County/Belle Fourche				
<u>Break Your Behavior Chains</u> Tells how to break typical chains of behavior patterns to positively influence eating habits, including strategies for low-fat shopping, slower eating, dealing with leftovers, designated eating places, eating without reading or watching TV, emotional eating. NS 948	Video	1991	13 min	A
<u>Breakfast Clubbies</u> This kit includes 4 videotapes & Teacher's Guide containing 40 activities. Focuses on an aspiring young gymnast named Karen who skips breakfast & feels sluggish all morning. After a visit from the Food Groupies & a well balanced breakfast Karen realizes how important this meal is. NS 012	Video/Kit	1996	7-12 min each	PS, EL
<u>Breast Cancer Early Detection: Know the Facts Know for Sure</u> The American Medical Women's Assoc. and American Cancer Society co-sponsor this video containing real-life illustrations, 3-D animation and colorful graphics teaching what to expect when you have a mammogram and clinical breast exam. Women also discover how easy self-examination is performed. BC 100	Video	2000	14 min	A
<u>Breast Facts: The Basics</u> Provides an excellent introduction to breast health by describing breast anatomy and physiology, breast lumps, fibrocystic "disease", breast pain and recent advances in breast medicine. Discusses the factors that may contribute to the risk of breast cancer. BC 025	Video	1989	8 min	A, P
<u>Breastfeeding: A Special Relationship</u> This video teaches how to breastfeed successfully by reading a baby's signals and recognizing the responses of the mother's body. It is divided into 7 segments. Feeding the Newborn, Breastfeeding Positions, Latching-On, Breastfeeding is Going Well When, As Your Baby Grows, What to Do in Case Of..., and Going to Work. NS 903	Video	1991	25 min	HS, A, P

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<p><u>Breastfeeding & Working: It's Worth the Effort</u></p> <p>Moms share their experiences with working and breastfeeding and offer their ideas on breast pumps, helpful hints, support at work and support at home. NS 585 Housed in Butte County/Belle Fourche</p>	Video	1993	12 min	A
<p><u>Breastfeeding Basics for WIC Staff</u></p> <p>Lactation consultant discusses breastfeeding basics (33 min); solutions to flat and inverted nipples, sore nipples, breaking seal, waking sleepy baby (50 min); gadgetry and resources including Medela products (27 min). A bit dull but excellent orientation to breastfeeding for staff. NS 996</p>	Video	?	2 hours	P
<p><u>Breastfeeding: Starting Out Right</u></p> <p>Very detailed video describing breastfeeding from birth, the different breastfeeding positions, engorgement and support resources. NS 587 Housed in Butte County/Belle Fourche</p>	Video	1995	18 min	A
<p><u>Breastfeeding Your Baby: Positioning</u></p> <p>Helpful instruction for the three basic steps for proper positioning during breastfeeding: positioning the baby, offering the breast and latching on are explained. MC 948 Housed in Butte County/Belle Fourche</p>	Video	1990	15 min	A
<p><u>Build Better Bone Now</u></p> <p>After seeing a woman crippled with osteoporosis, a group of teens discover why they should be concerned about the disease now & learn about lifestyle decisions & habits that build healthy bones for life. NS 115</p>	Video	1995	15 min	JH, HS
<p><u>Cardiology: High Blood Pressure</u></p> <p>This video shows how untreated high blood pressure can lead to heart attack, stroke or kidney failure. Behavior changes such as weight control, sodium reduction and exercise. NS 844</p>	Video	1990	10 min	A
<p><u>Cardiology: Signs and Symptoms of a Heart Attack</u></p> <p>For viewers with symptomatic heart disease, differentiates symptoms of angina from a possible infraction. Provides a description of nitroglycerin protocol. HM 847</p>	Video	1995	8 min	A

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<u>Cardiology: Stroke: Reducing the Risk</u> This program explains the pathophysiology of stroke & offers patients practical advice on how to reduce their risk. Learn warning signs of stroke, including transient ischemic attacks & bruits. HM 845	Video	1991	12 min	A
<u>Care of Children' Teeth</u> Video for parents about the importance of taking care of their children's teeth for proper chewing and speech development. It shows how to prevent "baby bottle tooth decay" and teaches the need for encouraging good eating habits early in life. Orthodontia and the use of mouth guards are covered along with making the child's daily dental routine a pleasant experience. NS 802	Video	1994	10 min	A
<u>Cesarean Birth</u> Follows a mother through her cesarean birth from the beginning to recovery. Answers many questions and concerns women have about cesarean births, bonding, breastfeeding and recovery. NS 801 Housed in Pennington County/Rapid City	Video	1992	13 min	HS, A
<u>Child Portion Sizes</u> To help avoid over feeding display shows preschool aged child portions using colorful food models. NS 075	Kit	1999		HS, A
<u>Chuckles and the Super Snacks</u> Animated puppets tell about how to select wise snack choices. Very good. NS 989	Video	1992	6 min	PS, EL
<u>Circle of Life</u> A video with a Native American emphasis based on the Circle of Life Logo. Two videos are in this kit. "Circle of Life" is one video title. The second is a three part video. Part I: The Effects of Alcohol and Drugs, Part II: Abusive Relationships and Part III: Teen Pregnancy and Parenting. HE 935	Video	1990	1 Hour 15 min	HS, A
<u>Clean Kids</u> This video is about handwashing, hygiene, dental hygiene. The Clean Kids also have good advice about hair care and nails and about the importance of clean, neat clothes. MC 080	Video	1999	15 min	EL, JH

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<u>Colgate Bright Smiles, Bright Futures – Dr. Rabbit Comes to School</u> Video and kit for young elementary age children. Alpha Betty and Dr. Rabbit visit young school children and entertain/teach them about teeth and letters of the alphabet. NS 009	Kit, Video	2003	12 min	EL
<u>Colgate Bright Smiles, Bright Futures – Dr. Rabbit's World Tour</u> Video and kit for elementary age children. A cartoon about children traveling around the world with Dr. Rabbit while learning about oral health and other cultures. NS 010	Kit, Video	1998	13 min	EL
<u>Colgate Bright Smiles, Bright Futures – The Incredible Ride</u> Contains teaching guide, masters, story book, game, "The Incredible Ride" video to encourage good oral health. Especially developed for 3rd graders. NS 011	Kit, Video	1994?	? min	EL
<u>Common Sense Parenting</u> The Boys Town's Common Sense Parenting audio book offers suggestions on how to build a close relationship with your child. These tapes will show how to stay calm and teach your child self-control, how to praise effectively, how to give clear messages, and how to teach your child appropriate ways of behaving. MC 227	Cassettes	1998	3 hours	A, P
<u>Consequences of Smoking</u> Display showing effects of smoking. NS 663	Kit			JH, HS, A
<u>Controlling Your Child's Weight</u> Slides made into video. Has Spanish subtitles to words. Advocates child not losing weight but slowing rate of gain. Discusses not putting cereal in bottle, rewards, Day Care, parent as example, exercise, less TV time. NS 990	Video	1989	7 min	A
<u>Death of a Bone</u> Display showing osteoporosis effects. NS 044	Kit			EL, HS, A

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<u>Death of a Lung</u> 9" x 12" tabletop display showing lung models of a normal lung, lung with emphysema and lung with cancer. NS 601	Kit			EL, JH, HS, A
<u>Dirty Little Secrets: Kitchen Food Safety</u> Discusses food-borne illnesses from harmful bacteria found in home kitchens. Information on safe practices when shopping, storing, preparing and cooking food. NS 004	Video	1997	9 min	HS, A
<u>DOH Services Signs</u> A total of 9 different Department of Health Services signs to be used with a display board. NS 036	Kit			
<u>Don't Get Bugged by a Foodborne Illness</u> Teaches recommended food safety practices. Use the "quiz bowl" version at health fairs, school fairs and clinics. The group "bingo" version can be used at youth and adult gatherings such as schools, work sites, senior dining sites and wellness programs. NS 069	Kit	1998		EL, HS, A
<u>Don't Thump Your Melon Bicycle Rodeo Kit</u> Detailed information & ideas on how to organize a rodeo in your community. Contains pamphlets, poster, curriculum guide, & two 7 minute video tapes to provide hands on stations for bicycle and helmet safety. HM 636	Kit/Video	1996		P
<u>Don't Thump Your Melon: Great Places to Ride</u> Quick view of great South Dakota bike trails. Encourages use of bike helmet to ensure an enjoyable ride. HM 713	Video	1995	7 min	EL, HS, A
<u>Don't Thump Your Melon: How to Fit a Helmet</u> Describes how to properly fit a bike helmet emphasizing proper size, pad placement and straps. Also shows cleaning of helmet. HM 714	Video	1995	8 min	EL, HS, A

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<u>Dudley & Dee Dee in Nutritionland</u> Cartoon video for young children about dinosaurs Dudley and Dee Dee on a trip to Nutrition Land where they learn about the food groups and good dental health. NS 914	Video	1994	6 min	PS, EL
<u>E.A.G.A.H.B.E.D.D.</u> National Dairy Council video. Students learn that breakfast helps them learn and stay healthy. Also learn variety of nutritious foods they could eat for breakfast. NS 058	Video	1994	13 min	PS, EL, JH
<u>Eating Disorders: Profiles of Pain</u> This video is an up-close look at the lives of several teens who have been through their own personal battles with eating disorders. This program is an honest examination of the issues & consequences surrounding eating disorders. Commentary is given by professionals & doctors who specialize in the treatment of anorexia & bulimia, provide insights into the disease, as well as advice & direction in dealing with this growing problem among teenagers. NS 106	Video	1997	24 min	JH, HS, A
<u>Elijah's Story</u> True story of a 16 month old baby boy who was shaken to death by his biological father. Follows the young family through the tragedy. Mother shares her emotions and father speaks out from prison, encouraging others to learn from his mistake. MC 139	Video	2000?	28 min	HS, A
<u>Fat Display</u> Large tabletop and board display with Velcro display pieces and actual food models of good food choices. NS 042	Kit			HS, A
<u>Fat on Fat Poster</u> Large poster showing foods with equal amounts of fat, i.e., 2 French fries = 2 large baked potatoes. NS 660	Kit	1996		HS, A
<u>Fat Tubes</u> Test tube display showing fat, sugar and salt content of various foods. NS 667	Kit			

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<u>Feeding With Love & Good Sense: The Infant</u> Based on Ellyn Satter books. To train parents and child care workers to understand feeding from the child's perspective; to be sensitive to the impact of their behaviors on the child's eating; to observe carefully and experiment to see what works with each child. Several infants in breastfeeding and bottle feeding presented. NS 524	Video	1989	15 min	HS, A, P
<u>Feeding With Love & Good Sense: The Older Baby</u> Presents the infant learning, eating skills and stresses that letting the child choose what and how much to eat is important. Encourages care givers to be sensitive to the baby's needs and not to impose their own behaviors on the child. Covers the baby that is spoon fed and beginning to feed himself and drinking from a cup. NS 525	Video	1989	15 min	HS, A, P
<u>Feeding With Love & Good Sense: The Preschooler</u> Presents preschoolers and their desire to learn. It presents examples of care givers and day care providers in situations with preschool children and how they learn to like a variety of foods and to keep the eating situation positive. Providing opportunities to learn, guidance and recognition of achievements while maintaining the structure of meals and snacks for the preschooler is stressed. NS 527	Video	1989	15 min	HS, A, P
<u>Feeding With Love & Good Sense: The Toddler</u> Covers the eating abilities of 2 and 3 year old children who are at the age of testing authority as they learn to establish themselves as separate individuals. This age group needs understanding as they explore. Caregivers are encouraged to set limits but to be considerate of the toddler needs. Toddlers need to eat often and they need structure. Different examples of correct and incorrect feeding situations are presented. NS 526	Video	1989	15 min	HS, A, P
<u>Fiber Tubes</u> Test tubes showing fiber content of 10 foods such as strawberries, breads, beans, grains. NS 013	Kit	2003		

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<p><u>First Foods: Lily Feeds Her Baby</u></p> <p>This program, narrated by a young mother, explains the dietary needs of infants and how these needs change drastically within a baby's first year. Introducing babies to new foods, watching for allergic reactions, food preparation and dealing with a baby's emotional reactions toward eating are all discussed.</p> <p>NS 966 NS 966S (Spanish)</p>	Video	1991	14 min	HS, A
<p><u>5 A Day Bingo</u></p> <p>Bingo game teaching value of fruits and vegetables.</p> <p>NS 635</p>	Kit	1995		EL, JH, HS, A, P
<p><u>5-A-Day Display</u></p> <p>Tabletop and display board kit using food models to create a life-like example of fruits and vegetables.</p> <p>NS 600</p>	Kit			
<p><u>Five Pounds of Fat Replica</u></p> <p>Actual model of 5 pounds of fat.</p> <p>NS 648</p>	Kit			
<p><u>Food, Energy and You</u></p> <p>This video demonstrates the process by which food supplies energy and clarifies how and why sensible eating habits contribute significantly to our well being. Viewers learn about photosynthesis, oxidation, calories and many other pertinent subjects.</p> <p>NS 127</p>	Video	1993	20 min	JH, HS
<p><u>Food Safety is No Mystery</u></p> <p>Four modules – Sanitation and Personal Hygiene, Safe Good Preparation, Preventing Cross Contamination, and Safe Cooling and Reheating - Correspond to four critical points of food safety. Each module 5-8 minutes. Designed for food service employees and has training manual.</p> <p>NS 544</p>	Video	1989	35 min	A
<p><u>Fragile Beginnings: Postpartum Mood & Anxiety Disorders</u></p> <p>A group of women meet together to share the impact postpartum mood and anxiety disorders had on their lives following birth. Topics include postpartum depression, postpartum panic disorder, postpartum obsessive-compulsive disorder, postpartum psychosis, breastfeeding, & family support.</p> <p>NS 831</p>	Video	1993	25 min	A

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<p><u>Get With a Safe Food Attitude</u></p> <p>Entertaining video aimed at pregnant women. Comes in 9 segments of up to 5 minutes each on shopping, food storage, preparation, cooking, serving food on the go, leftovers, what to look for while you're pregnant, safe bottle feeding, and diaper changing. NS 924</p>	Video	1995	40 min	HS, A
<p><u>Getting a Head Start with 5 A Day</u></p> <p>Ideas to increase fruit & Vegetable intake of preschoolers. 2 videos: 20 min for all staff & parents; 30 min for teachers. Includes reproducible newsletters. NS 639</p>	Kit/Video	1996	20 min 30 min	A P
<p><u>Give Yourself Five</u></p> <p>This comical video highlights the daily challenges teenagers face when making food selections throughout a typical day at school. Rushing through breakfast, grabbing snack foods when there's no time & skipping meals when there's too much to do. The importance of eating 5 fruits vegetables a day is the focus of the lively graphics & music. NS 832</p>	Video	1994	15 min	EL, JH
<p><u>Giving Birth To Your Baby</u></p> <p>From early contractions through a live birth. Expectant mothers informed how to read own bodies and understand contractions and when in labor. Birthing plan, epidurals & episiotomies explained. HM 781</p>	Video	1996	14 min	A
<p><u>"Giving You the Best That I Got, Baby"</u></p> <p>This video is designed to motivate women to choose breastfeeding. It uses role models (many of them African American) to address specific concerns women have about breastfeeding. The video features singing superstar Anita Baker. She shares her feelings and experiences as a breastfeeding mother. The video also features other breastfeeding mothers who speak honestly about breastfeeding. NS 906 Housed in Butte County/Belle Fourche</p>	Video	1993	14 min	A, HS
<p><u>Glo Germ Kit</u></p> <p>Includes simulated powder germs, black light, display board pieces including 4 tests, the video "Wash Those Hands!" and reproducible worksheets. MC 037</p>	Kit/Video	1996	10 min	

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<u>Goofy Over Dental Health</u> Video for young children teaching good oral health with help from the Disney character, Goofy. 8 year old Kevin is magically transported to Dr. Molars' dental office where Goofy, Dr. Molars' dental-helper-for-the-day, teaches Kevin about the importance of healthy teeth. NS 125	Video	1990	13 min	PS, EL
<u>Growing Up! For Boys</u> A candid look at the basics of male anatomy and development encourages boys to take pride in their individual uniqueness while realizing that people are all reassuringly alike. Provides useful advice on health, hygiene and good grooming. NS 936	Video	1995	15 min	
<u>Growing Up! For Girls</u> Clear, authoritative information about the female reproductive system, the emotional and physical transformations of puberty, and the importance of good health and hygiene is geared toward encouraging a positive body image and sense of personal worth. NS 937	Video	1995	15 min	EL
<u>Halting the Obesity</u> A panel of 3 doctors share their contributions in the area of public health approaches to obesity. NS 577	Video	?	1 Hour 25 min	P
<u>Head Lice: An Itchy Problem</u> This good-humored program is designed to give youngsters the information they need to guard against head lice and to prevent the transmission of these highly communicable parasites. It stresses the importance of early detection and provides reassurance that this itchy problem has a solution. MC 081	Video	1998	13 min	EL, JH
<u>Healthy Food for Healthy Kids</u> Basic video describing the basic food groups, serving sizes and healthy snacks. Also discusses healthy growth and weight gain, importance of exercise and care of a child's teeth. NS 588	Video	1990	8 min	A

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<u>Healthy Foods Healthy Baby</u> Follows the characters of two pregnant teens, Kim and Maria, as they learn about good nutrition for themselves and their babies. Includes Leader's Video Guide. NS 568 NS 568S (Spanish)	Video	1992	12 min	P
<u>Healthy Teeth: A Guide for Parents of Pre-Schoolers</u> Very good for parents of toddlers about the causes of tooth decay, healthy snacks, fluoride and visiting the dentist. NS 126	Video	1993	25 min	A
<u>Hip On Health</u> Mini-Poster and Parent Information Series of handouts that can be copied on a variety of topics from Abuse and Neglect to Water Safety. NS 671	Kit	1999		A
<u>Hip to Be Fit</u> Fitness and nutrition video starring Kristi Yamaguchi and the California Raisins. NS 557	Video	1993	18 min	EL
<u>How Nutrition Affects Cognition: Implications for Feeding Infants and Children</u> Characterizes the assessment of cognition, assesses the effects of selected nutrients (especially zinc and long chain fatty acids) on cognitive development, explores the impact of the environment on cognitive development and evaluates the importance of school meals in classroom behavior. NS 096	Video	2000	6 Hours	P
<u>How to Feed a Picky Child</u> Using realistic, contemporary settings, this video illustrates the eating habits of preschool children, discusses the importance of planning nutritious meals & snacks. It emphasizes the importance of now forcing children to eat & shows ways of introducing new foods. NS 113	Video	1997	12 min	HS, A
<u>Instructions for Breast Self-Examination</u> Stresses importance of monthly BSE as part of the American Cancer Society's 3 part program for the early detection of breast cancer. BC 563	Video	1996	9 min	A, P

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<u>It's All About You</u> Kit with video by Dietary Guidelines Alliance to help consumers implement Dietary Guidelines. Provides positive, simple messages. Video in segments. NS 201	Kit/Video	1999	28 min	HS, A
<u>Jody Coyote Display</u> Action packed kit includes Jody Coyote puppet with removable teeth, puzzles, teeth model and toothbrush. Also includes video, Jody Says "Love Your Teeth" which is designed to assist in teaching hearing impaired about the importance of good oral health. Two large storybooks as well as a teacher workbook with reproducible pages are also included. NS 653	Kit/Video	1991	15 min	PS, EL
<u>Just Around the Corner – Boys</u> This video discusses the physical and emotional changes of puberty; the maturation of the male reproductive system; common experiences of puberty, such as voice change; and the need for good hygiene and health habits. The video targets boys in grades 3-5. MC 208	Video	2000	15 min	EL
<u>Just Around the Corner – Girls</u> This video discusses the physical and emotional changes of puberty; the maturation of the female reproductive system; menstruation; and the importance of good hygiene and healthy habits. The video targets girls in grades 3-5. Includes discussion guide. MC 207	Video	2000	15 min	EL
<u>Keep With Tradition: Breastfeed</u> Discusses how breastfeeding fits into traditional Native American culture. NS 985	Video	1992	22 min	HS, A
<u>Label-Ease</u> Overview of what's on the new food label and why this information is important. Helps consumers understand all foods have nutritional pluses and minuses, why it is better to consider several nutrition components on a label in order to select nutritious foods. Introduces an easy method for using the information on the new food label as well as practice using the new method. Includes Leader Guide. NS 565	Video	1994	12 min	JH, HS, A

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<u>Lactina Electric Breastpump</u> Step by step instructions for using the Medela Advanced Collection of Breastpumping Kits with the Lactina Electric Breastpump. NS 008	Video	1996	16 min	A, P
<u>Large Muscle Replica</u> Teaching model of a muscle. NS 062	Kit			EL, JH, HS, A
<u>Little Miss Perfect</u> Young girl moves away from her best friend and boyfriend with her mother and new stepfather. Feels pressure from her mother to be thin and make new friends. She becomes bulimic using binging and purging, laxatives and ipecac syrup to control her emotions and try to be the perfect girl. She ends up being hospitalized and begins healing. NS 518	Video	1986	60 min	JH, HS
<u>Lifelines: To Healthy Babies</u> Presents the dramatized stories of three-low income women of different ethnic backgrounds who were faced with choices to make about cigarettes, alcohol and other drug use during pregnancy. NS 500	Video	1992	16 min	HS, A
<u>Looking to Keep Decay Away</u> Good visuals and tips for parents of toddlers about how to look for and prevent early childhood caries (ECC). English/Spanish. NS 130	Video	1997	5 min	A
<u>Magical Moments of Birth</u> Five labor and birth sequences—three vaginal births, an unplanned cesarean and a successful vaginal birth after cesarean—illustrate that childbirth is both a spiritual and physical experience regardless of the type of delivery. The parents are of various races and cultures, and the births demonstrate a variety of support techniques, labor environments, and positions. NS 578	Video	1995	40 min	A
<u>Make Your Move</u> Based on the Activity Pyramid, this entertaining video creatively & humorously demonstrates the importance of leading an active lifestyle. Follow one family as they move from an inactive to an active lifestyle using the different levels of the pyramid. NS 131	Video	1998	11 min	JH, HS, A

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<u>Marilyn Monroe Display</u> Interactive display regarding eating disorders. On life-size cut-out of Marilyn Monroe. NS 661	Kit			JH, HS, A
<u>Moo-Velous Milk Carton</u> Standup cardboard display illustrating a giant milk carton. NS 632	Kit			
<u>Morning Sickness All Day & All Night</u> Based on clinical research outlines physiological causes of morning sickness and offers real solutions for controlling symptoms. NS 582	Video	1994	27 min	A, P
<u>Nutrition During Pregnancy: Healthy Me, Healthy Baby</u> Designed for newly pregnant women, this program covers all the basics of nutrition and good health according to WIC guidelines. Covers what to eat during pregnancy, meal plans and the importance of breastfeeding. Viewers will be able to relate to the expectant mothers portrayed, who represent all major ethnic groups. NS 541	Video	1993	11 min	HS, A
<u>Obstetrics: Labor and Delivery for Teens</u> Sensitive video to the special needs of teen parents in a supportive and empowering way. Shows the labor and delivery experiences of an African American and a Caucasian teen mother. One works with epidural anesthesia and the other accomplishes a natural delivery. Animation is used to illustrate the physiology of labor and delivery. The importance of prenatal care, staying in school and family support is stressed. MC 819	Video	?	29 min	JH, HS, A
<u>Obstetrics: Postpartum Care</u> Deals with delivery to postpartum check-up, pains and discomforts following birth, postpartum blues, regaining strength, and adjustments required in the early weeks. NS 596 NS 596S (Spanish)	Video	?	12 min	A
<u>Obstetrics: Prenatal Care</u> Tells what to expect from first prenatal visit until delivery. Good nutrition, exercise, weight gain, dangers of smoking, drinking and drugs, bodily changes, sexual activity, symptoms of trouble and when to call the doctor.	Video	1991	23 min	A

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NS 597 NS 597S (Spanish)				
<u>Onset of Labor</u> Discusses cervical thinning, dilation, lightening, bloody show, false labor, breaking of water, contractions, going in for delivery, the delivery, and episiotomy. NS 594 NS 594S (Spanish) Housed in Pennington County/Rapid City	Video	1997	8 min	A
<u>Osteoporosis Display</u> Large display on osteoporosis prevention including pictures of calcium rich foods and calcium robbers. NS 649	Kit	1996		JH, HS, A
<u>Pack Safe Lunches</u> Bulletin board display of lunch basket and tips for a safe lunch. NS 662	Kit	1998		
<u>Plaque Buildup on Artery Walls</u> Small model showing cut-away view of artery in four stages of buildup. NS 048	Kit	2004		
<u>Portion Distortion Quiz</u> Bulletin board display giving quizzes of portions of six foods for today, comparing that with the same food 20 years ago. Also quizzes the amount of exercise needed to burn the extra calories. NS 622	Kit	2003		
<u>Portrait of Promise: Preventing Shaken Baby Syndrome</u> Features 3 families whose lives have been devastated by Shaken Baby Syndrome. Addresses the damaging effects of violent shaking and offers insight on prevention. MC 146 MC 146S (Spanish)	Video	1995	11 min	HS, A, P
<u>Pregnant and Growing: Nutrition During Pregnancy</u> Three young women share their thoughts on eating well, meal planning, calcium intake, weight gain, and the role that good nutritional habits play in the health of their baby. NS 066 NS 066AS (Spanish)	Video	1998	15 min	HS, A

TITLE/SUMMARY	TYPE	YEAR	LENGTH	AUDIENCE
<p><u>Quality Mammography Can Save Your Life</u></p> <p>This program anticipates the patient's most common questions regarding radiation dose, compression, additional views, and the current controversy regarding the recommended schedule for mammography. BC 564</p>	Video	1995	8 min	A, P
<p><u>Ready to Learn: I am Your Child</u></p> <p>The video has good information on how to foster a young child's language and literacy development from birth to preschool. The video provides helpful information about: the importance of communication with your newborn, establishing reading routines, materials that prepare your child for reading and writing activities to spark your child's interest in learning. Also, the importance of quality childcare and incorporating literacy into everyday activities. MC 135 MC 135S (Spanish)</p>	Video	2000	24 min	HS, A, P
<p><u>Recipe for a Good Start</u></p> <p>Cooking demonstrations of easy-to-prepare dishes using folate-rich WIC foods are interspersed with "quick tips" for increasing folate in the diet and visits to supermarket to select foods. Features dried beans and peas, cereals and orange juice. NS 910</p>	Video	1994	12 min	HS, A
<p><u>Recommendations for Juice</u></p> <p>Actual cups showing recommended amount of juice for each group. May be used for a bulletin board or as a display. NS 672</p>	Kit	2001		
<p><u>Sacred Trust</u></p> <p>Addresses Fetal Alcohol Syndrome. Individuals of various Indian Nations present messages that encourage women to say "no" to alcohol. NS 800</p>	Video	1995	15 min	A, HS
<p><u>Safe and Healthy Picnics</u></p> <p>Bulletin board display shows safe and quick food ideas to take on a picnic. NS 669</p>	Kit	2000		EL, JH, HS, A
<p><u>Safe and Healthy Snacks for the Road</u></p> <p>Bulletin Board display shows safe, easy, healthy snacks that can be taken to eat while traveling. NS 670</p>	Kit	2000		EL, JH, HS, A

TITLE/SUMMARY	TYPE	YEAR	LENGTH	AUDIENCE
<u>Safe Physical Activity to Prevent Child Obesity</u> Interactive display regarding preventing child obesity by safe physical activity habits. NS 665	Kit	2000		EL, JH, HS, A
<u>Saturday's Children</u> Four varied birth experiences, four excellent support partners, four healthy babies in traditional hospital settings highlight this video. To be used for prenatal education or classes for clients in the last trimester. NS 579	Video	1995	36 min	A
<u>Save Sex: The New Revolution</u> Produced from a live television "Town Hall" meeting in South Dakota and is about teens saving sex until marriage. Comes with Curriculum Guidelines booklet. FP 073	Video	1998	1 Hour	HS, A
<u>Sioux Valley Poison Control Center Teaching Manual</u> This kit includes age appropriate videos and activities to help you provide poison prevention information to children and their parents. MC 078	Kit	1999		
<u>Smoked Lung Replica</u> Teaching model of smoke-filled lung. NS 045	Kit			EL, JH, HS, A
<u>Stand By Your Mayonnaise</u> Food safety tips poster to be used as a display. NS 006	Kit	1997		HS, A
<u>Sudden Infant Death Syndrome: A Video on Helping to Reduce the Risk</u> Discusses the problems and techniques (back to sleep) which can help reduce sudden infant death syndrome. MC 023 MC 023S (Spanish)	Video	1997	3 min	A
<u>Sun Sense</u> Covers these important topics: the dangers of too much sun, including sunburn, permanent damage to skin, eyes and immune system; three kinds of skin cancer; ways to guard against sun damage, such as using sunscreen, dressing wisely, watching the clock, and checking for early signs of skin cancer. MC 070	Video	1997	10 min	All

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<p><u>Take Time for Teeth</u></p> <p>Good visuals and demonstrations for parents of infants about how to look for and prevent early childhood caries (ECC). English/Spanish NS 132</p>	Video	1997	5 min	A
<p><u>Teen Dads</u></p> <p>Four teen fathers who have chosen to play an active role in their children's lives are profiled in this video about responsibility, hard decisions, and planning ahead. Although none of the fathers feel it was right to have children as each of them did, these young men are examples of teens who made the best decisions possible for themselves and for their children's futures. MC 810</p>	Video	1996	18 min	HS
<p><u>Teen Mothers: Time To Get Real</u></p> <p>Teenage mothers from diverse ethnic backgrounds share their stories of how they became pregnant — the mistaken romance and their ignorance about sex. These teenage mothers also discuss how they told their parents of their pregnancy, and the reactions they received, both positive and negative. Motherhood has dramatically changed the lives of these teenagers in terms of their friends, parents, and responsibilities. The program concludes with the women giving advice on how to prevent an unplanned teenage pregnancy. MC 811</p>	Video	1995	10 min	HS
<p><u>The Case for Breastfeeding</u></p> <p>This program dispels the myths and presents the positive side of breastfeeding. Viewers will learn about milk production and its benefits for the baby; and a recommended diet to follow is outlined. Includes involving the father, nursing bras, alcohol, drugs, tobacco, "baby blues", and returning to work. NS 964 Housed in Butte County/Belle Fourche</p>	Video	1992	13 min	HS, A
<p><u>The Food Groupie Adventures</u></p> <p>Three separate five-minute educational and entertaining puppet show episodes featuring the Food Groupies and the Farmer Green family of characters. NS 553</p>	Video/Kit	1993	15 min	PS
<p><u>The Food Pyramid: High 5 for a Healthy You</u></p> <p>Helps students identify the five food groups, serving sizes and nutrients from each group. NS 059</p>	Video	1997	15 min	EL, JH

TITLE/SUMMARY	TYPE	YEAR	LENGTH	AUDIENCE
<u>The Great Bone Robbery</u> This video focuses on building a foundation for strong bones during teen and young adult years to develop a high peak bone mass to prevent osteoporosis later in life. NS 590	Video	1995	15 min	HS, A
<u>The New B.S.E. with Mariette Hartley</u> This program stresses the importance of monthly B.S.E. as part of a breast health routine and encourages patients to adopt this lifesaving habit. BC 031	Video	1997	8 min	A
<u>The No-Nonsense Cholesterol Guide: Food Fat/Bad Fat</u> Prevent a heart attack for you and your children: reaching healthy cholesterol levels, packing healthy lunches, reversing cholesterol clogging, using medications effectively, outsmarting misleading labels. HM 840	Video	1991	35 min	A
<u>The Original Fast Food</u> For use on a bulletin or display board. 14 different fruit and vegetable pictures. NS 060	Kit	2003		
<u>The Pap Test and Cervical Cancer Video – Taking Control of Your Health</u> Important tool for teaching Native women of all ages about the Pap Test and cervical cancer. BC 562	Video	1994	9 min	JH, HS, A
<u>The WIC Connection</u> Excellent video on interviewing and counseling adults regarding alcohol and other drugs. Discusses screening, referral, client denial. Would be good for staff orientation. Realistic client approaches given. NS 947	Video	1992	31 min	P
<u>Tickle Your Appetite</u> Kit of video, tape and handouts regarding nutrition aimed at preschool children and their families. NS 032	Kit/Video/Cassette	1997	18 min	PS, EL, A
<u>To Be Safe – Take Its Temp!</u> Bulletin board display on safe meat cookery and need to use a meat thermometer and not just rely on color. NS 005	Kit	1997		EL, JH, HS, A

TITLE/SUMMARY	TYPE	YEAR	LENGTH	AUDIENCE
<u>Totally Terrific Teeth</u> Video for elementary age children about the importance of good oral health. Through teamwork the children in this clubhouse present an oral health skit for a cavity prone member. Children's Healthcare of Atlanta. NS 133	Video	1999	13 min	EL
<u>Tried and True</u> A virtual encyclopedia of labor techniques, all clearly demonstrated using actual birth footage. MC 530 MC 530S (Spanish)	Video	2000	32 min	A
<u>Twins or More</u> Covers a multiple pregnancy with instruction of knowing the body, avoiding fatigue, proper nutrition, complications such as preterm labor and emotional support. MC 809	Video	1992	19 min	A
<u>Uncovering the Hidden Secrets of Eating Disorders</u> Produced by SDSU faculty to help identify, treat and prevent eating disorders. Panel of experts cover cultural dynamics, disorders/treatment, practical prevention and question/answer period. Film does include a 20 minute break that must be fast-forwarded through if not taking the break. NS 196	Video	1999	4 Hours	P
<u>University of Minnesota: Educational Videos from the 1999 National Maternal Nutrition Intensive Course</u> Tape 1: Dietary Change Strategies for Pregnancy and Lactation and Model Program: Health Partner's Stage-Based Counseling Program for Dietary Changes. Tape 2: Montreal Diet Dispensary Interventions for Dietary Behavioral Changes. Tape 3: Cultural Practices Affecting Pregnancy and Breastfeeding Nutrition Behaviors and Ethnically-Sensitive Nutrition Counseling for Dietary Changes. NS 099	Kit with 3 videos	1999	1 hr each tape	P
<u>University of Minnesota: Maternal Nutrition and the Fetal Origins Hypothesis</u> Presentation by Keith Godfrey, MD, PhD, at University of Minnesota Maternal Nutrition workshop on hypothesis that adverse intrauterine environment has major long-germ effect on babies susceptibility to CHS and association conditions 50 years or later in life. NS 203	Kit/Video	1999	65 min	P

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<p><u>Up With Parents Series — Rod Kennedy/Larry Koenig</u></p> <p>These video's have a positive approach to helping parents create a warm, optimistic, caring, and calm home environment. Parents learn the importance of their teaching, coaching, mentoring, and modeling roles. They also learn how to teach routines for daily living that eliminate most of the discipline moments with children. Part I – Smart Discipline Part II – Self-Esteem MC 228</p>	Video	?	2 hours	A
<p><u>Vending Machine Food Fat Tubes</u></p> <p>Ten test tubes showing amount of fat in various vending machine foods. NS 668</p>	Kit	2004		
<p><u>Vitamin A Fruits and Vegetables</u></p> <p>Made for WIC. The importance of Vitamin A in the diet is explained. Fresh fruits and vegetables are highlighted. Suggestions for preparing and serving Vitamin A fruit and vegetable dishes are also given. Partially animated. NS 971</p>	Video	1991	4 min	HS, A
<p><u>Vitamin C Fruits and Vegetables</u></p> <p>Made for WIC. Vitamin C in the diet is explained. The need for fresh fruits and vegetables is highlighted. Suggestions for preparing and serving Vitamin C fruit and vegetable dishes are also given. Partially animated. NS 974</p>	Video	1991	5 min	HS, A
<p><u>Wash Those Hands!</u></p> <p>Shows a person how the simple act of hand washing helps prevent the spread of illness. A teenager narrator explains the benefit of hand washing for everyone and demonstrates the best step-by-step technique for washing and drying hands. MS 083</p>	Video	1996	10 min	A
<p><u>Wellness: Skills for Lifestyle Change</u></p> <p>Discusses the 4 factors that affect our wellness: heredity, environment, health care and lifestyle. Focuses on lifestyle areas of fitness, stress management, nutrition, safety, job satisfaction and healthy relationships. HM 750</p>	Video	1989	14 min	A

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<u>We're Growing Up!</u> This video presents factual information and insight into the maturation process using live photography, artwork, and upbeat narration. HM 751	Video	1996	12 min	EL
<u>Whatsa Hygiene?</u> In this entertaining video, they compose words and music that will inspire young viewers to stay clean and healthy. Topics include bathing, handwashing, care of teeth, hair and nails and the importance of clean, neat clothing. MC 082	Video	1999	18 min	EL, JH
<u>WIC Display</u> Marketing display for WIC Program. NS 616	Kit	2003		HS, A, P
<u>Winning Sports Nutrition II</u> Role of nutrition to performance of collegiate athlete. Various sports addressed. NS 019	Video	1996	34 min	HS, A, P
<u>With Child</u> This book offers you information and suggestions for making healthy choices before you are pregnant, while you are pregnant, and in the first weeks after you give birth. Additional resources of helpful organizations, books, and videos are provided as well. MC 055	Book	1995		
<u>Women's Issues Today – Breastfeeding: The Myths and Barriers</u> A talk show setting with the host and audience asking questions of a panel of breastfeeding mothers. Questions covered myths and barriers including: deciding to breastfeed, women's lack of knowledge about breastfeeding, social acceptance, public discretion, concerns with milk supply, differences of formula, cow's milk and breastmilk; health benefits and diet. NS 574 Housed in Butte County/Belle Fourche	Video	1993	20 min	P
<u>Display Board</u> Gray Case #1 Housed in WS Resource Center #2 and #3 housed in Pierre Resource Center				

TITLE/SUMMARY	TYPE	YEAR	LENGTH	AUDIENCE
<u>Daily 5 Display Board (Purple Case on Wheels)</u> Purple case on wheels 314776 Housed in Pierre Resource Center				
<u>Large Red Display Board (Black on Wheels)</u> Black case on wheels 56790 Housed in Pierre Resource Center				
<u>Large Display Board (Black Rectangle Case)</u> Large black rectangle case Housed in Pierre Resource Center				
<u>Plexiglass Pyramid</u> Blue case on wheels #1 Housed in Pierre Resource Center #2 Housed in WS Resource Center				